

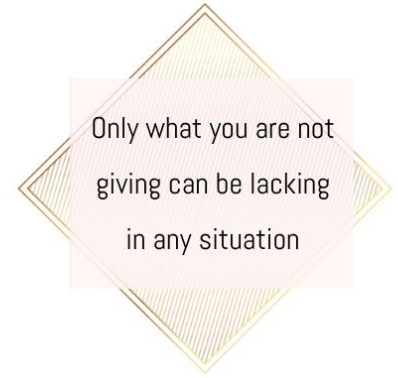
today's date:

MY LIFE

starts NOW

What kind of experience/ situations/ things do you miss in your life?
How would they make you feel?

How could you treat others and yourself in order to experience those feelings right now?



Write down 3 moments you enjoyed happening this week:

Write down 3 things you are grateful for today:



Who do you want to be today?
How are you going to treat others?

What kind of thoughts and emotions are you going to choose today?



NOTES:
